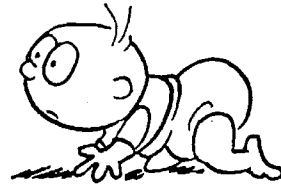
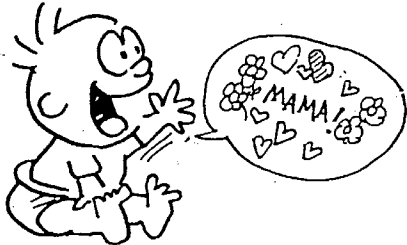


WEANING FOR THE BREASTFED BABY



Weaning means to slowly replace breastfeeding with a cup or bottle.



How Long Should I Breastfeed My Baby?

Some women want to breastfeed for only a few days or a few weeks. Other women like the idea of breastfeeding for 3 months, 6 months, 9 months or even a year or longer. Any breastfeeding is great for you and your baby. Stop when you and your baby are ready.

You Don't Need To Stop Nursing Just Because:

- * People tell you your baby is too big or too old.
- * You are afraid you will spoil your baby.
- * You are afraid you won't be able to wean later if you wait too long.
- * You are going back to work or school.
- * Your baby has teeth.



What is the Very Best?

Doctors tell us that the very best would be to breastfeed for 4-6 months without giving your baby foods. After 4-6 months, keep breastfeeding while feeding your baby other foods like cereal and fruits and vegetables until a year or longer.

Should I Use a Cup or a Bottle?

How you wean will depend on how old your baby is. Babies older than 9 months can be weaned directly to a cup.

If you should wean a younger baby, you should wean to a bottle first. Give iron fortified formula, not cow's milk, until your baby is one year of age.

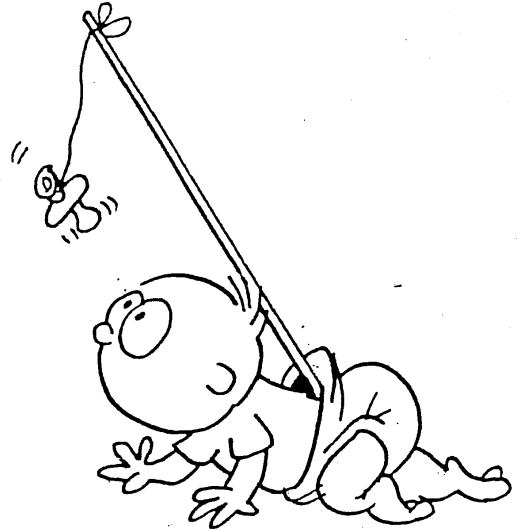


How Do I Get Started?

- * If possible, start weaning when your baby is well and happy.
- * Start by offering a cup or bottle in place of the feeding your baby likes least. Often, the last feeding to be replaced is the night feeding, because the baby likes it best.
- * Wean slowly. Only replace one feeding at a time. Wait a few days before replacing the next feeding.

Giving your breasts time to adjust will help keep you from feeling full and sore.

- * Express or pump your milk just enough to relieve the fullness. Your breasts will gradually begin to produce less and less milk and will return to their normal size.
- * Give extra cuddling and attention. Your baby will probably miss the closeness of breastfeeding.



Breastfeeding is emotional, and weaning can be too. If you are feeling bad about weaning now, maybe it's not the right time. Talk with WIC or someone else who supports breastfeeding.

My Weaning Plan for

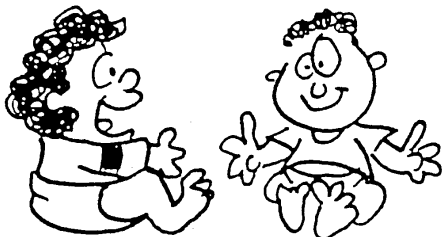
(write your baby's name)

The reason I want to wean my baby is _____

I will use a cup or bottle. (circle one)

I will use whole cow's milk or iron fortified formula. (circle one)

I plan to do the following activities with my baby so she feels loved and special _____



Adapted with permission from the Utah Department of Health, WIC Program.

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